

Sisters for Yah

Taking Passover in a Worthy Manner

Before Passover, it's always a good idea to do a little self-reflection. The Apostle Paul in 2 Corinthians 13:5, encourages Yahweh's people to, "Examine yourselves, to see whether you are in the faith. Test yourselves..." (ESV).

This may sound scary at first, but it's very important before taking the Passover emblems representing Yahshua's broken body and shed blood. By partaking of the emblems, you are essentially reaffirming your faith, and renewing your commitment to Yahweh. While none of us are perfect, of course, we should be committed to spiritual growth. This list is not exhaustive, but here are some questions to ask yourself as you self-reflect:

1. Am I still committed to Yahweh's way of life?
2. Do I still have a desire to grow in grace and knowledge?
3. Am I striving to bring every thought into captivity?
4. Am I making an effort to be a better wife, mother, sister, friend, employee, etc.?
5. Am I trying to overcome stubborn sins and bad habits? (Consider fasting and prayer!)
6. Do I make time for prayer and Bible study?
7. Am I grateful for what Yahweh has given me, or am I constantly complaining about what I don't have?
8. Do I make excuses to justify my bad behavior?
9. Am I in the habit of blaming Yahweh, the world, or other people when I don't get my way?
10. Do I pray for others, or are my prayers only selfish requests?
11. Am I resisting Yahweh's Spirit when I know I should be doing something?
12. Do I try to be a good example to others?

Don't just hurry through these questions. Consider recording your answers in a notebook. Put a date on it too, so that you can look back and see any progress you may have made. Most of all, don't be discouraged if you are not as far along in your walk as some others may be. We all grow at our own pace, and that's okay.



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Crunchy Corn salad

- 2 cans corn (15 oz. each), drained
- 2 cups shredded cheese (your favorite)
- 1 cup mayonnaise
- 1 cup green bell pepper, chopped
- 1/2 cup red onion, chopped
- 1 bag of corn chips (10 oz.), crushed

Mix the first 5 ingredients. Wait until the last minute before serving to add the crushed corn chips. You don't want them soggy. You can eat this as is with a spoon, or grab some additional corn chips to scoop it up as a dip.

**Buttery Flat Bread**

- 1 cup flour
- 1/2 t. salt
- 2 T. butter
- 1/2 t. olive oil
- 1/4 cup water

Mix all ingredients together. Split dough into two balls. Roll out each one. Bake 350 degrees for 10 minutes. Allow to cool before breaking into pieces.

**Beef and Bean Casserole**

- 1 pound ground beef
- 1 onion, chopped
- 2 cans pinto beans in seasoned tomato sauce (15 oz. each)
- 1 bag corn chips (reserve one cup for top)
- 2 cans (10 oz. each) enchilada sauce, red or green
- 2 cups shredded cheddar cheese
- Sliced green onions, to garnish, optional.

Brown the beef and onion in a greased skillet. Drain well. Mix in the beans and sauces. Pour chips on the bottom of a 9 by 13 inch baking pan. Pour the beef mixture over the chips. Top with the cheese and reserved corn chips, and sliced green onions if using. Bake at 350 degrees for about 20 minutes or until heated through.

Unleavened Breakfast Biscuits

- 16 oz shredded cheese (your favorite, but sharp cheddar is perfect)
- 2 sticks butter, room temperature
- 2 cups flour
- 8 oz. fully cooked beef or turkey sausage, chopped up.
- 1 t. cayenne pepper (or less depending how spicy you like it)

Mix the ingredients from room temperature, then keep in the fridge overnight. Drop 24 balls of the dough on a baking sheet. Flatten with a fork. Bake at 400 degrees until brown.

Unleavened Cheesy Popovers

- 3 large eggs
- $\frac{3}{4}$ cups all-purpose flour
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon black pepper
- 1 pinch nutmeg
- 1 cup milk
- $\frac{1}{4}$ cup heavy cream
- 2 ounces soft cheese (such as cream cheese or even goat cheese)

Place eggs, flour, salt, pepper and nutmeg in blender. Blend until just combined. Slowly pour milk and cream into this mixture. Blend until smooth. Spoon 1 tablespoon of batter into pre-warmed muffin pan. Cut cheese into 12 equal pieces. Place one piece in each cup and top with remaining batter. Bake 30 minutes at 400°

Easiest Layered Enchiladas

- Pam cooking spray
- 1 pound ground beef, browned and drained.
- 1 can diced tomatoes with green chilies, drained
- 1 can red enchilada sauce (28 oz.)
- 12 corn tortillas (6 inch each)
- 2 cups Cheddar Jack cheese, shredded
- Sour cream, to serve
- Hot salsa, to serve

Preheat oven to 375 degrees. Spray 13 by 9 inch baking dish with cooking spray. Add the tomatoes to the cooked beef. Mix with the enchilada sauce. Place some of the meat mixture on bottom of pan. Top with 6 corn tortillas and some of the cheese. Continue layering. Top layer should have some of the meat sauce and a little bit of cheese. Bake covered, about 30 minutes. Slice into squares and serve with sour cream and salsa, if using.

Unleavened Peanut Butter Cookies

- 1 cup creamy peanut butter
- 1 cup sugar
- 1 large egg, beaten

Preheat oven to 400 degrees. Blend all the ingredients. Shape into 24 small balls. Place on large cookie sheet. Flatten with fork or the back of a spoon. Bake about 10 minutes.



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Coconut Milk Strawberry-Banana Pops

- 1 can (14 oz.) coconut milk (or any kind of milk if you don't like coconut)
 - 1 pint fresh strawberries, chopped
 - 1 banana, sliced
 - 2 T. pure maple syrup
 - 12 freezer pop molds or 12 paper cups and wooden pop sticks
- Blend all the ingredients. Pour into molds. If using paper cups, top with foil and insert sticks through foil. Freeze about 4 hours.

Strawberries can boost your health!

Strawberries are packed with nutrients. One recent study showed that in older adults, they can actually improve motor performance and increased cognition. Strawberries can also improve memory! One of the most impressive facts about strawberries is that they are packed with antioxidants, which are known to prevent chronic diseases. They can be eaten in so many different ways. When most people think of strawberries, they only think of them in desserts, but try them in the healthy salad below!



Strawberry Tossed Salad

(makes about 4 servings)

- 1/4 cup olive oil
- 8 t. sugar
- 8 t. honey
- 2 T. apple cider vinegar
- 2 t. lemon juice
- 1/4 t. Salt
- 4 cups torn greens (such as butter lettuce or romaine)

- 2 medium ripe avocados, peeled and thinly sliced
- 20 fresh strawberries, sliced
- 1/4 chopped pecans, toasted

In a small bowl, whisk together the oil, sugar, honey, apple cider vinegar, lemon juice, and salt. Divide the greens among four salad bowls. Top each evenly with the avocado and strawberries. Drizzle with dressing. Top with the pecans. Helpful hint: Avocados not ripe? To quickly ripen them, place them in paper bag with an apple. Poke some small holes in the bag and leave at room temperature. It will take 1 to 3 days to fully ripen.